

# Italian BBQ Grilled Chicken

Yield: 5 min  
Total Time: 255 min

Recipe from: <https://www.recipeschoose.com/recipes/ken-s-zesty-italian-dressing-recipe>

## Ingredients:

- 1 1/2 cups barbecue sauce Sweet Baby Ray's®, divided
- 1 1/2 cups zesty Italian dressing Ken's®, divided
- salt optional
- pepper optional
- 6 pieces boneless, skinless chicken breasts

## Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 155 milligrams
4. Fat: 27 grams
5. Fiber: 1 grams
6. Protein: 50 grams
7. SaturatedFat: 5 grams
8. Sodium: 2390 milligrams
9. Sugar: 24 grams

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